



From the moment I sat down with Alexis for our first session, I felt as though I were catching up with an old friend. I arrived at my first session convinced that my life was a mess, and in truth it was. She helped me get clear on what I'm after and embrace what matters in life with intention. Alexis gave me the courage to be open and authentic, develop and maintain my personal life rhythms and pursue life abundant! Alexis helped me sift through the mess and make sense of where I was headed without judgement, and with complete enthusiasm and faith in me! She helped me find direction when I was considering literally running away.

*Sarah*

*Coach. Writer. Runner. Changing the World One Mile at a Time*



When I came to Alexis for help, my days were controlling me. I felt like I was just existing, going through the motions and not really living at all. I knew that I wanted to make changes in my life but I didn't know how and to be honest I was beyond overwhelmed. Lex began by rooting out the real issues, helping me see why I did what I did and giving me tools to work through my emotions in a productive way. She helped me establish morning and evening rhythms to take back control of my days and helped me grasp that this journey is not a straight line up. The amount of information I've learned about myself so far is truly astounding. For the first time I can remember, I feel hope. Hope that I'm going to get to live the life I've always envisioned for myself. I can't think of a greater gift or worthwhile journey than that!

*Judi*

*Sr. Accountant, Harvard Management Company*